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due all professional titles. Without this diploma the practice of the profession of nursing is not allowed. Each school will award a silver medal to every student who obtains the diploma of nurse.

"ARTICLE 19. The students will receive as remuneration for their services eight dollars per month during the first year, twelve dollars during the second, and twenty-five dollars gold during the third. Each student will provide all her necessary uniforms. For the acquisition of these, the school will assign for each student of the first and second years thirty-six dollars yearly, which will remain in the charge of the treasurer to be spent when the superintendent may deem it convenient. Should a balance remain at the end of the year, it will be given over in cash to the nurse to whom the amount is credited. The nurses who abandon the school lose all right to their uniforms. They cannot be worn on the streets, unless when rendering service. Laundry of uniforms shall be provided for all the students at the expense of the school.

"ARTICLE 21. During the first two years the students will not render their services out of the school. During the third year they will be able to do so during a period which will not exceed three months whenever the director, in accordance with the superintendent, may deem it convenient. When the services are rendered to the sick poor, a special agreement will be made with the municipal authorities. If attendance is rendered to private individuals outside, three dollars daily and cost of transportation will be charged. This amount will be paid over to the treasurer, and after deducting a certain sum which the school may deem wise to give to the nurse as gratification, the balance remaining will be kept with the object of accumulating a fund destined to be used as a prize, which, in accordance with the Department of Charities, will be awarded to the student who may be deemed worthy of such a distinction."

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## WAS IT WORTH WHILE?

By MARY REYNOLDS

Graduate of the New York City Training-School for Nurses

THE scene of my remarks will be laid in a little room on the top floor of one of our large tenement-houses, situated in one of the crowded streets of our "Great East Side." The nurse, as she picks her way past push-carts, hustling, bustling humanity, is wondering what she is going to find at her destination.

It is needless for me to say that this nurse is a "district nurse," and while our expectations are not always high, still, it is quite natural that one always hopes for the best.

Now, having arrived at our little room, we will follow the proceedings. The room is not as bright and sunny as many of our rooms are, the furnishings are very few, and things are not very clean and inviting; but our nurse feels quite equal to all this and proceeds at once to find her patient.

The patient is found in a baby-carriage in a bundle of dirty rags. It is a little child about one year old. The poor little child is very dirty and looks sadly neglected. At the sight of the stranger it begins to cry, and one cannot help but wonder if child ever cried louder.

Its little body is hot and burning to the touch, and the nurse, after having noted the temperature, proceeds at once to get the baby bathed, not for medicinal purposes at first, but to make it the clean, white baby God intended it to be.

All the mothers and occupants of that house arrive to see this act accomplished, and never expect to see the child survive the ordeal; but when baby is finished, its little body plump and rosy, its nails nicely cleaned, and the scalp once more visible on its little head, they cannot help but exclaim, "Isn't it a pretty child!"

She then proceeds to make a clean bed. After a great deal of effort a few clean articles are produced, and the making of the little nest begins. She first takes a pillow. On this she pins a piece of oil-cloth, and over this she pins a sheet. If possible, another smaller piece of linen is folded and placed under the child's body, and baby is put into its little white nest and lightly covered, its hair is parted in the middle, and it looks so clean and comfortable.

The doctor's orders are then carried out. Nurse sees that some nourishment is given, notes are made out for future reference, both for the doctor and herself, and then, bidding the family good-by, promising to return on the morrow, she goes on her way.

Now, stop a moment and look about you. Cast your eye over the untidy room: the mother, with dirty, untidy dress, unkempt hair; three or four children in a similar condition; then look at our little baby with its clean face and clean bed. This little picture stands out like a beacon against the untidy background. But this is the first lesson in that house. We will now wait for the return of the nurse in the morning and see what occurs.

Next morning nurse arrives. All are very pleased to see her and all anxious to help. She does not find baby just as neat and tidy as she left it, but she makes no remarks. Meanwhile the mother, who the day previous was so opposed to the bath, has brought a big pan filled with warm water, soap, towel, and wash-cloth, and has washed and ironed the soiled clothes, and once more baby is made neat and clean.

While busy with baby, nurse draws mother into conversation, gains her confidence, and gives her an encouraging word.

The next day nurse arrives and finds the mother with hair combed and neatly done up, the house has been straightened, and quite an attempt has been made to make a better background for the little baby.

So as time goes by the building of the background progresses, and at the end of a few weeks' visiting the nurse finds quite a change in our little room.

The question is, "Was it worth while?" Was this little result worth the effort? I have given as an illustration one of our every-day occurrences. This is what our work consists of.

It is the old adage verified, that "from the atoms the mountain must grow," and who of us shall say that the work accomplished may not give us a man or woman of such thought and intellect that their families may grow up with better surroundings?

The thought it teaches is that in our work we have an object. We wish to aid these people by teaching them to aid themselves. We would make them feel that life is not all for gain, but that some lives are for the sake of down-trodden humanity.

To my women-readers I would say: live for your sex; strive for their uplifting; pray that the chains of jealousy, frivolity, and self-pride may be broken, and say to yourselves: "I will do something for my people. I will give of my better-self," and in so doing in time you too will conclude that "it was worth while."

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## WESTERN NORTH CAROLINA AS A HEALTH RESORT

By MARY P. LAXTON

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PUBLIC attention was first attracted to Western North Carolina as a health resort in 1870, when the health maps accompanying the census reports of that date were marked to indicate a belt running through this section which was practically exempt from tuberculosis and almost all diseases of the throat and lungs. The desire for good health and long life is coëxtensive with the human race, so it is not surprising that health-seekers soon came in numbers to test and to prove the efficacy of the climate.

The Blue Ridge Mountains cross the western part of the State from northeast to southwest, the general elevation being almost four thousand feet. Mount Mitchell, the highest peak east of the Rocky